

GRADE DE AULAS

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ACADEMIA
24
HEALTH CLUB

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07:00	FAST BIKE 30' PROF: VIVIANE STUDIO BIKE	KICKBOXING/ THAI 60' PROF: ALLAN STUDIO 3	FAST BIKE 30' PROF: VIVIANE STUDIO BIKE		FAST BIKE 30' PROF: VIVIANE STUDIO BIKE
07:30	POWER/ CIRCUIT 30' PROF: VIVIANE STUDIO 3		POWER/CIRCUIT 30' PROF: VIVIANE STUDIO 3		POWER/CIRCUIT 30' PROF: VIVIANE STUDIO 3
	YOGA 60' PROF: CECILIA STUDIO 2		YOGA 60' PROF: CECILIA STUDIO 2		
08:00	ALONGAMENTO 30' PROF: VIVIANE STUDIO 3		ALONGAMENTO 30' PROF: VIVIANE STUDIO 3		ALONGAMENTO 30' PROF: VIVIANE STUDIO 3
08:30	PILATES 30' PROF: VIVIANE STUDIO 3	FAST BIKE 30' PROF: MANOELA STUDIO BIKE	PILATES 30' PROF: VIVIANE STUDIO 3	FAST BIKE 30' PROF: MANOELA STUDIO BIKE	PILATES 30' PROF: VIVIANE STUDIO 3
09:00		GAP 45' PROF: MANOELA STUDIO 3		GAP 45' PROF: MANOELA STUDIO 3	
09:45		ALONGAMENTO/ MOBILIDADE 30' PROF: MANOELA STUDIO 3		ALONGAMENTO/ MOBILIDADE 30' PROF: MANOELA STUDIO 3	
17:30		PILATES 45' PROF: TATIANA STUDIO 3		PILATES 45' PROF: TATIANA STUDIO 3	
18:00	BIKE 45' PROF: MANOELA STUDIO BIKE		BIKE 45' PROF: MANOELA STUDIO BIKE		
	POWER CIRCUIT 30' PROF: RAFAEL STUDIO 3		POWER CIRCUIT 30' PROF: RAFAEL STUDIO 3		
18:15		JUMP 30' PROF: TATIANA STUDIO 3		STEP INICIANTE 30' PROF: TATIANA STUDIO 3	
18:30	ALONGAMENTO 30' PROF: RAFAEL STUDIO 3		ALONGAMENTO 30' PROF: RAFAEL STUDIO 3		
18:45	GAP 30' PROF: MANOELA STUDIO 2	ALONGAMENTO/ MOBILIDADE 45' PROF: TATIANA STUDIO 3	GAP 30' PROF: MANOELA STUDIO 2	ALONGAMENTO/ MOBILIDADE 45' PROF: TATIANA STUDIO 3	
19:00	STEP 30' PROF: RAFAEL STUDIO 3		STEP 30' PROF: RAFAEL STUDIO 3		
19:15	FULLBODY 45' PROF: MANOELA STUDIO 2		FULLBODY 45' PROF: MANOELA STUDIO 2		
19:30	RITMOS 45' PROF: RAFAEL STUDIO 3	ZUMBA 45' PROF: TATIANA STUDIO 3	RITMOS 45' PROF: RAFAEL STUDIO 3	ZUMBA 45' PROF: TATIANA STUDIO 3	
20:00	PILATES 30' PROF: MANOELA STUDIO 2	YOGA 60' PROF: VANESSA STUDIO 2	PILATES 30' PROF: MANOELA STUDIO 2	YOGA 60' PROF: VANESSA STUDIO 2	
20:15	CORE 30' PROF: RAFAEL STUDIO 3	BIKE 45' PROF: TATIANA STUDIO BIKE	CORE 30' PROF: RAFAEL STUDIO 3	BIKE 45' PROF: TATIANA STUDIO BIKE	
20:30		KICKBOXING/ THAI 60' PROF: ALLAN STUDIO 3		KICKBOXING/ THAI 60' PROF: ALLAN STUDIO 3	

CLASSIFICAÇÃO DAS AULAS

CARDIOVASCULAR
QUEIMA CALÓRICA / TÔNUS MUSCULAR

LUTAS
ARTES MARCIAIS / CONDICIONAMENTO FÍSICO

BODY MIND
FLEXIBILIDADE / POSTURAL / MENTE

LOCALIZADA
FORTALECIMENTO E DEFINIÇÃO MUSCULAR